



R I BAR ASSOCIATION

## Mind full or Mindful? | *Put this practice at the top of your to do list!*

In this time of incredible stress, working from home, home schooling and more— how you cope and take care of your mental, emotional and overall health is extremely important. Mindfulness meditation and taking time to focus, be aware without judgement and be kind to yourself—has many benefits.

### Why Practice Mindfulness?

Studies have shown that practicing mindfulness, even for just a few weeks, can bring a variety of lasting physical, psychological, and social benefits.

**Decrease Stress** – Mindfulness improves emotional regulation, leading to a better mood and ability to handle stress<sup>1</sup>.

**Improve Focus** – Studies suggest that mindfulness helps us tune out distractions and improves our memory, attention skills, and decision-making<sup>2</sup>.

**Change Brain Response** – Research has found that even eight weeks of mindfulness meditation practice may alter the ways in which emotions are regulated and processed in the brain<sup>3</sup>.

### How to Begin a Mindfulness Journey

**Keep it simple** – It's about stopping to smell the roses. As with any endeavor, it takes commitment and practice to reap the benefits. Think of it as training a different set of muscles you've never worked on before. Each session becomes easier and more fulfilling as you move along.

*Even a brief, 1-5 minute daily practice can result in more efficient reasoning and better self-regulation.*

**Know Your WHY** – There is no singular “right” reason to start mindfulness so long as it's right for you.

### How to Begin a Mindfulness Journey

#### Find the right motivation and intention.

Remind yourself WHY you practice  
WHAT it can do for you!

#### Find the right attitude and attention

- Each practice will be different
- There is no bad way to become mindful

#### Find the right time and timing

- Some days a few minutes
- Other times longer to improve the experience

#### Find the right spot and posture

- Feel safe and secure
- Be comfortable

#### Find the right routine and stick to it!

While the particulars of each session will change, make a minimum commitment and stick to it – you'll be glad you did!